Use this format for the Research Project Outline.

Copy & paste the outline below into your Wiki Page

Replace the word ‘Topic’ with your topic.

Leave the outline & add your information to the outline.

Topic

1. Definition

1. Identify/define topic:
2. History/Origin of item:

2. Signs/Symptoms

1. Specific examples:
2. How long they should last before concern:
3. Genetic, hereditary or environmental factors:

3. Treatment/Managing the problem

1. If treatment is available, examples and details listed:
2. Role of diet:
3. Role of exercise:
4. Role of medicine:
5. Role of family support given:
6. Management of problem short-term:

get adequate physical activity eat a nutritious diet

Manage weight, medication available

* *Have your blood pressure checked regularly.*
* *Maintain a normal body weight (body mass index (BMI) of 18.5–24.9; BMI is  kilograms divided by height in meters squared).* [*Click here to calculate your BMI*](http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html)*.*
* *Take at least 1 brisk 10-minute walk, 3 times a day, 5 days a week. Follow a healthy eating plan of a diet rich in fruits, vegetables, and low in sodium.*
* *Quit smoking.*
* *If you drink alcoholic beverages, do so in moderation (no more than 2 drinks per day for men and no more than 1 drink per day for women).*
* *If you have high blood pressure and are prescribed medication(s), take as directed.*

*From quitting smoking to safe exercise and laughing your way to a healthier heart, here are helpful tips on living with and managing your high blood pressure.*

Reduce salt intake

Reduce stress level

1. Management of problem long-term:
2. Impact on the individual and family:

Cardiovascular disease

Strain on hart

Major risk factor for other types of cvds

Major risk factor for heart disease, stroke, congestive heart failure, and kidney disease

1. Impact on the family:

Change in diet, pay for medications?

1. Statistics integrated into the data:

estimated that about 1 third of Americans have hypertension

usually over 35

About 28% of American adults aged 18 years or older have prehypertension.

Affects men more than women

Mexican-Americans have the lowest level of hypertension compared to non-Hispanic whites and blacks.

* *About one out of three U.S. adults—31.3%—has high blood pressure.3*
* *About one in four American adults has prehypertension—blood pressure measurements that are higher than normal, but not yet in the high blood pressure range.2 Having prehypertension raises your risk for high blood pressure.*
* *In 2010, high blood pressure will cost the United States $76.6 billion in health care services, medications, and missed days of work.2*

4. What I learned/3 WOW’s

1. New information learned:
2. New information learned:
3. New information learned:

Sometimes called the silent killer for there are no symptoms in the early stages

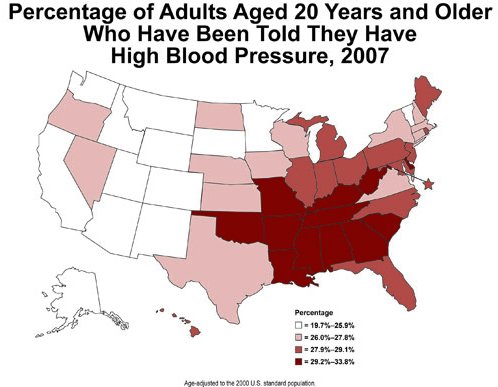
Stress raises blood pressure

5. Resources

<http://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_bloodpressure.htm>

<http://www.cdc.gov/Features/HighBloodPressure/>

<http://blackboard.wcpss.net/webapps/portal/frameset.jsp?tab=courses&url=/bin/common/course.pl?course_id=_17777_1>

  
  
Source: CDC, Behavioral Risk Factor Surveillance System.